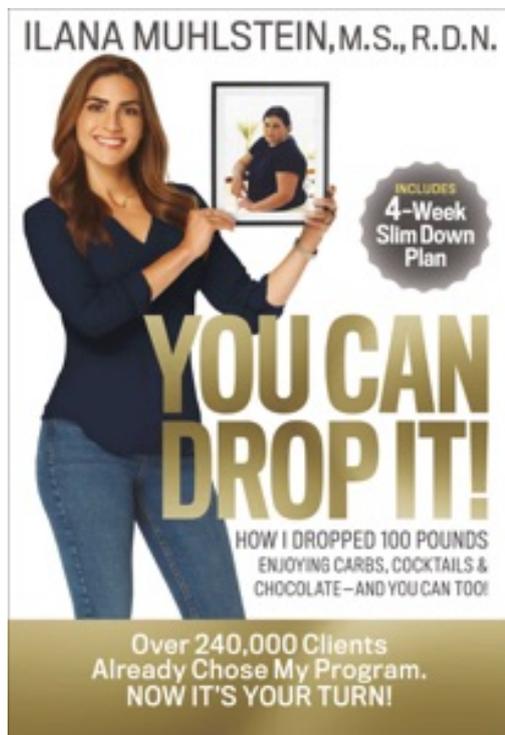


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My name is Ilana Muhlstein and I wrote *You Can Drop It!* to help you learn my personal and proven system to drop weight and keep it off—without sacrifice—and it's so simple that you'll love it! This unique approach has become famous thanks to my renowned **2B Mindset** program. The **2B Mindset** is designed with the built-in ability for customization so that it is optimally effective and can work for everyone. It has already helped thousands of people lose weight—some more than 100 pounds—while never asking them to go hungry or cut out the foods that they love.

You Can Drop It! doesn't just give you the key knowledge you need to lose weight. It adds motivational principles and real-life examples and it's the perfect complement to my successful program.

No counting calories!

No portion control!

No feeling hungry!

No off-limits foods!

No exercise required!

Finally—weight loss with FREEDOM!

Here's Exactly Why *YOU CAN DROP IT!* Will Work:

You're going to feel full and satisfied. (You can still eat comforting foods, in big portions, and enjoy 50+ delicious recipes inside.)

You'll eat the foods you love. (Nothing is off-limits, not even dessert or a glass of wine.)

You'll be in control. (Say goodbye to emotional and mindless eating.)

You can finally keep off the weight! (These powerful weight-loss tools will be yours for life.)

The **2B Mindset** method changed my life. I struggled with yo-yo dieting the whole first half of my life. I was always the big one in the group. By the time I turned 13, I weighed over 200 pounds, and I felt terrible about myself. That's when I realized I had to break the cycle.

Through trial and error, and lots of research, I discovered a simple and effective way to lose weight, while still eating large portions and the foods I loved. Over time, I lost 100 pounds, and kept the weight off. . . even after having two beautiful children.

My secret? It's called the **2B Mindset**. It has helped thousands of my clients lose weight too—and now it will help you.

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